

UNITED WAY OF CENTRAL IOWA

# HOLIDAY HELPING HAND

2019

A guide to volunteer  
opportunities in central  
Iowa this holiday season



United Way  
of Central Iowa



# 11 WAYS TO LEND A HAND

and help meet our neighbors' needs this holiday season



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Search for more volunteer opportunities online at [www.holidayhelpinghand.org](http://www.holidayhelpinghand.org)

# ADOPT A FAMILY OR CHILD

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# CANNED FOOD

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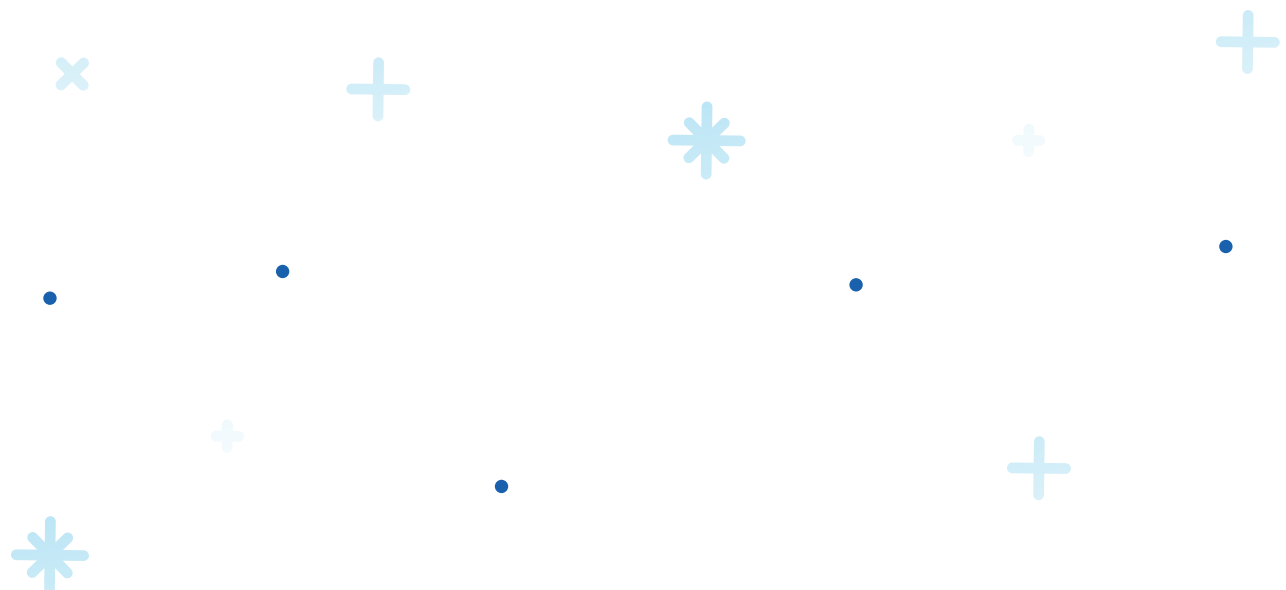
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# HOLIDAY PARTIES

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# PROVIDE A FEAST

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